

Class	Block 1 10th Sept – 8th Oct 5 weeks	Block 2 15th Oct – 12th Nov 5 weeks	Block 3 19th Nov – 10th Dec 4 weeks	Block 4 7th Jan – 11th Feb 6 weeks	Block 5 18th Feb – 18th March 5 weeks	Block 6 8th April – 13th May 6 weeks	Block 7 20th May– 10th June 4 weeks	Block 8 17th June- 1st July 3 weeks
7 Boys X MC	Swim & Water Safety			Athletics	Gym/Dance	Striking & Fielding	<u>Ramadan option block</u> Units may include the following: Swimming/Lifesaving Orienteering Yoga Short Tennis Sports Leadership Fitness Literacy & Numeracy through sport	<u>Extended option block</u>
	Fitness & the body	Invasion Games	Net & Wall					
7 Boys W PC	Swim & Water Safety			Athletics	Gym/Dance	Striking & Fielding		
	Fitness & the body	Net & Wall	Invasion Games					
7 Boys Y RB	Fitness & the body	Invasion Games	Net & Wall	Athletics	Striking & Fielding	Gym/Dance		
	Swim & Water Safety							
7 Boys Z DG	Fitness & the body	Net & Wall	Invasion Games	Athletics	Striking & Fielding	Gym/Dance		
	Swim & Water Safety							
7 Girls X AC	Gym/Dance	Invasion Games	Striking & Fielding	Athletics	Fitness & the body	Net & Wall		
				Swim & Water Safety			Swim & Water Safety	
7 Girls Y KH	Gym/Dance	Striking & Fielding	Invasion Games	Swim & Water Safety			Swim & Water Safety	
				Athletics	Fitness & the body	Net & Wall		

Curriculum key concepts	Through activities such as:
Making informed choices about healthy, active lifestyles	Swimming, Water Safety & Health-related fitness
Develop technique to improve performance	Gymnastics, Dance, Athletics & Swimming
Tactics and Strategies to overcome an opponent	<u>Striking & Fielding concepts:</u> Cricket, Rounders & Softball. <u>Invasion Games concepts:</u> Basketball, Netball, Ultimate Frisbee, Football & Rugby, <u>Net & Wall concepts:</u> Volleyball, Short Tennis & Badminton

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8 Boys X RB	Swim & Water Safety			Athletics	Striking & Fielding	Gym/Dance	<u>Ramadan option block</u> Units may include the following: Swimming/Lifesaving Orienteering Yoga Short Tennis Sports Leadership Fitness Literacy & Numeracy through sport	<u>Extended option block</u>
	Health & Fitness	Invasion Games	Net & Wall					
8 Boys Y DG	Swim & Water Safety			Athletics	Striking & Fielding	Gym/Dance		
	Health & Fitness	Invasion Games	Net & Wall					
8 Boys Z MC	Health & Fitness	Invasion Games	Net & Wall	Athletics	Gym/Dance	Striking & Fielding		
	Swim & Water Safety							
8 Girls X KH	Gym/Dance	Striking & Fielding	Invasion Games	Athletics	Health & Fitness	Net & Wall		
				Swim & Water Safety				
8 Girls Y LG	Gym/Dance	Invasion Games	Striking & Fielding	Swim & Water Safety				
				Athletics	Health & Fitness	Net & Wall		

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9 Boys X PC	Swim & Water Safety			Athletics	Invasion Games	Striking & Fielding	<u>Ramadan option block</u> Units may include the following: Swimming/Lifesaving Orienteering Yoga Short Tennis Sports Leadership Fitness Literacy & Numeracy through sport	<u>Extended option block</u>
9 Boys Y RB	Fitness for sport	Net & Wall	Sports Leadership	Athletics	Striking & Fielding	Net & Wall		
9 Boys Z DG	Fitness for sport	Net & Wall	Sports Leadership	Athletics	Invasion Games	Striking & Fielding		
9 Girls X LG	Swim & Water Safety			Athletics	Net & Wall	Striking & Fielding		
9 Girls Y GL	Fitness for sport	Invasion Games	Sports Leadership	Swim & Water Safety				
	Fitness for sport	Striking & Fielding	Sports Leadership	Athletics	Net & Wall	Invasion Games		

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Leadership development	Sports Leadership

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10 Girls KH/LG	Fitness Planning	Invasion Games	Developing Leadership through Sport	Athletics training	Striking & Fielding	Net & Wall	<u>Ramadan option block</u> Units may include the following: Swimming/Lifesaving Orienteering Yoga Short Tennis Sports Leadership Fitness Literacy & Numeracy through sport	<u>Extended option block</u>
10 Boys MC/PC/DG	Fitness Planning	Invasion Games	Developing Leadership through Sport	Athletics training	Net & Wall	Striking & Fielding		
11 Girls GL/AC	Fitness Planning	Invasion Games	Developing Leadership through Sport	Athletics training	Striking & Fielding	Net & Wall		
11 Boys PC/DG	Fitness Planning	Invasion Games	Developing Leadership through Sport	Athletics training	Net & Wall	Striking & Fielding		

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Leadership development	Sports Leadership